



Find Your Dreams and
Make Them Reality

Freedom Flier

Volume 1, Issue 3 July 2010

Mark Your Calendar

Roots & Wings

- * July 28-August 1, 2010
- * September 15-19, 2010
- * November 10-14, 2010
- * January 12-16, 2011

Flight I

- * July 30-Aug. 1, 2010
- * September 17-19, 2010
- * November 12-14, 2010
- * January 14-16, 2011

Flight II

- * July 30-Aug. 1, 2010
- * September 17-19, 2010
- * November 12-14, 2010
- * January 14-16, 2011

All above events will
take place at [Stoney
Creek Inn](#), Columbia, MO

Attention Kids Camp Grads!

We trust that the training you received at Kids Camp has been an asset that you have carried into adulthood. We believe that you can benefit from “sharpening those tools” and adding some new ones! As you transition through new stages of life we realize that you are faced with new challenges.

Reconnecting with Freedom grads in the Roots and Wings training is a

powerful experience that can propel you forward toward your dreams and goals. We are offering a significant discount for you to attend the Roots and Wings seminar. To learn more, please contact fellow Kids Camp Grad Amy Craighead at (573) 808-1371 or amy@ktis.net



SUPERGIVERS

Freedom Seminar grads are interconnected in amazing ways! We are always excited to remember the “lineage” of folks that come to our trainings. This last Roots and Wings had trainees that connect back to some of our earliest trainees. We are happy and grateful for Mike and Ginger Scalise, Laurel Walter Baumstark, and Teresa Parker. Because of their willingness to be Givers a third and fourth generation of trainees were sitting in the trainees chairs in June.

We are making our list of TA’s for the next three Roots and Wings seminars and want you to be a part of the training in this way. TAing is a great opportunity to “Train Again”. You bring energy with you as a TA, but you also gain invaluable insights and breakthroughs for yourself. You will form new and

Training Again!

powerful connections. And you will witness change work that is awe inspiring. TAing requires a commitment of 5 days, Wednesday through Sunday. We will assist you with finding a place to stay and will provide several of your meals.

You will work closely with a new “gang” of special people, all meant to be there with you in the training room. Come be in the room with us as we focus our energy on an amazing group of people, the next group of Freedom Grads. Contact Amy, Pat or Russ to let us know you are ready to TA!

100% is FREEDOM!

Russ and I are excited to once again celebrate this incredible nation that we are privileged to live in. We are happy and grateful to benefit from all the freedoms that being a citizen of the United States of America includes. One of the opportunities that living in this great nation affords us, is to offer the Freedom seminar training.



As I drove to town a few mornings ago, the radio announcers read aloud the Declaration of Independence. I listened to every word carefully. It had been a long time since I had seen or heard it in its entirety. I felt swept up and pulled back in time to those hot days that the representatives of the 13 colonies locked themselves in a room to hammer out these words and finally write them down. These were magic words that led to the making of a new nation, a kind of nation that had never before been forged.

It was trying enough to call the membership to these meetings. To be aligned with this group put your name on a list of wanted men. To be aligned with this group of men meant likelihood of death. Yet, they continued on. I am happy and grateful for their commitment and willingness to

participate. I am happy and grateful that they stood fast and did not waver.

In Roots and Wings we talk a lot about participation. It is key to each person receiving what they want from the training. As an American, we are in another time where we believe it is not enough to just celebrate our freedom. It is time to Participate at an elevated level. Commitment is needed at a WOW level. We stand to lose too much that has been the marker of freedom around the world. We stand to lose our power to choose.

When we begin to let others decide what we need and how it should be provided, we begin to live in a comfort zone. One of the tapes connected with this kind of life is "I have to make do with what I have, or how things are." This is not what our forefathers did.

Please take time to read the Declaration of Independence this week. It very clearly records what had been happening to the colonists in the new world. Very gradually, they had allowed the King to provide for their needs. It was

comfortable. It reminded them of where they had come from...home. But, wait a minute! The King started to send an army to America that numbered more than all of the residents of the colonies put together. What's more, he ordered that the colonists board these men. He raised taxes. He began to make many decisions for them...that were supposedly in their best interest. He took away their right to choose.

I am so happy and grateful for the Action that those brave ancestors of ours took. They decided to Participate. They Took Action! They decided that it was not enough to argue their Reasons. They wanted Results! They decided that in truth they had been living at a level of Lose/Lose. They wanted to live at a level of WIN/WIN!

They lived at a Commitment level of 10. 99% was Comfort Zone living as a subject of a faraway king. 100% was FREEDOM!

You know what they chose. CELEBRATE! PARTICIPATE! TAKE ACTION!

~ Russ and Pat

"Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed it is the only thing that ever has."

-- Margaret Mead

Freedom Family Gathering December 3-4, 2010

We will have a Freedom Family Gathering at the Callaway Electric Cooperative just off of Hwy-54 in Fulton, MO.

There will be a carry-in dinner, with meat & drink provided, on Friday the 3rd from 6-9 p.m., we'll eat about 6:30. Families are welcome for this time of celebration and fellowship.

On Saturday, the 4th, you will have an opportunity to "sharpen" your Freedom tools. We will have a workshop from 9:00 a.m. to 3:00 p.m. with lunch on your own. This portion of the gathering will be reserved for both Freedom graduates and those who are interested in attending Roots & Wings. The only charge for attending is your energy & love!

Please R.S.V.P by Nov. 25th

Freedom to Choose

Recently, on my morning walk I was mentally going down my gratitude list. I thought about the 4th of July celebration and all the freedoms that we have and enjoy – many of them we may tend to take for granted.

As I began thinking about freedom I remembered reading Victor Frankl's book, *Man's Search for Meaning*. During Medicine Game, Russ told about him and his experiences in concentration camps during the Holocaust. As Frankl described the atrocities that occurred to him and his fellow captors, one of the things he

observed was that, "Everything can be taken from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances. There are always choices to make."

Freedom Seminars has given us a wonderful opportunity to learn tools that give us different choices to act and react differently in any situation. For example, the simple tool of **Changing Glasses** can help you get a different perspective. **Would I rather be right than happy?** Am I creating a **win/win or lose/lose?** How



can I **Create Value** from this? Am I trapped in my **Comfort Zone**? Am I explaining my **Reasons** or am I getting the **Results** I want? I could go on but I hope you get the point.

Pick a tool, sharpen it up, and use it. I am so grateful that I have the freedom to choose - the freedom to be different, to do different, and to have different.

~Marsha Medcalf

I am a free and loving woman.

Freedom Seminars

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Freedom Flyers in Florida!

Freedom Seminars means a lot to us. It is so hard to explain the experience we had in 1988 when we first took the training in Columbia, Missouri; but we remember that we learned so much. We are living a free, fun-filled life in Florida. We are enjoying our freedom and know it took our hard work to get this far but grateful to Freedom Seminars and Russ and Pat who also helped to bring us this far.

We remember the love, peace, sense of worthiness we found. We remember the hugs, laughter, “The Rose”, “Lean on Me” and Chicken Little; they are stuck in my mind forever. We won’t forget the gentleness and forgiveness that still embrace us. We can still smell the sweat of the people next to us and

hear the tears of sadness and joy. We can feel the touch and the eye contacts from the group and still reach out to those individuals with phone calls and mail. We remember the hot summer nights and the cold, icy, snowy roads when we traveled. We recall the valentines, couples groups, the Christmas parties and 4th of July picnics. I can visualize the little bitty kids all around and the big kids helping out. Now the big kids are having babies, and the little bitty kids are out of college! It started out as a family and grew to a huge community. We adopted Hatton as our home and invaded it for occasions.

As we write this reflection, we’ve been asked to sit on NAMI’s Lake Sumter County Board. And to re-

ceive a certification of leadership, they requested we send them our resumes. In our resumes, we always indicate that we were assistant trainers with Freedom Seminars, Inc. Per usual, prospective employers or organizational heads ask, “What is Freedom Seminars?” We hesitate at first to start explaining, then remember that we learned so much about ourselves and freedom and as I said in the beginning, it’s what brought us this far. It sustains us. It is part of our adult foundation. Until then, we had some fundamental foundation, but afterwards, solid.

~Jim & Pam Fitzmaurice

Jim & Pam are FS grads and Freedom trainers who now live in Florida. Their spirit and energy continue to fuel the fire that is the gift of Freedom Seminars.